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GRIFFINS GONE WILD
BANNED FAMILY GUY EPISODE HITS DVD {page 9}

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PARIS FACES DRUG CHARGES AGAIN
DISH {page 10}

CALGARY metro®
Monday, August 30, 2010
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Emmys. Closed case

▶ Kyra Sedgwick poses with her Emmy for outstanding lead actress in a drama series for her work on The Closer last night at the awards show in Los Angeles. Story, page 8.

Stars shine on TV's biggest night

New Orleans remembers
Terror of Katrina still vivid five years later {page 5}

Wie goes wire-to-wire
Michelle Wie takes Canadian Women's Open {page 17}

Barbs add spice to forum

- Event hosted by Calgary Leadership Forum
- 11 out of 14 mayoral candidates took part
- Higgins, Johnston and Devine didn't attend

DARREN KRAUSE
@METRONEWS.CA

Barbs took centre stage at yesterday's mayoral forum — and one of them didn't even show up.

An otherwise lackluster mayoral forum was spiced up by the absence of high-profile candidate Barb Higgins, who had commitments to Indiafest and Expo Latino, and the public way her no-show was handled.

Forum organizer Brian Lee described to the crowd a Facebook conversation with Higgins' campaign manager Donn Lovett indicating her unavailability.

Lee told the 326 attendees Lovett had said it was "none of your business" when asked the nature of Higgins' commitments. Lovett has denied making the comment.

Former alderman Craig Burrows, who took square aim at Ric McIver, delivered the afternoon's second round of barbs, calling him out during his final address.

DARREN KRAUSE/METRO CALGARY

▶ Alnoor Kassam told his fellow mayoral candidates it was time to "cut the crap" and talk about solutions for Calgary, at yesterday's mayoral forum.

"What Ric stands for is his track record — he talks about it," said Burrows. "But you can't cherry-pick decisions."

McIver defended his record afterwards.

"It's easy to take a half-truth and leave the other half out to make an argument, but that's the nature of what happens sometimes with politics," said McIver.

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Expo Latino finale 'a little wet'

Armed with umbrellas, tarps, mittens, raincoats and toques, hundreds of Calgarians enjoyed the final day of the 2010 Expo Latino.

While 6,000 danced their weekend away at Prince's Island Park, according to officials, yesterday was rainier, but that didn't stop music lovers like Marci Maluta and Kim Preteau from enjoying the big musical draw, Oscar Lopez.

"This is why we're here in the rain, but it's absolutely worth it. We're still having a really good time," Maluta said.

"We've been here the whole weekend, but today we just had to dress in our winter clothes and bring some blankets," Preteau added.

The weekend featured a variety of performers including Lopez, who also played with Rick Emmett and Pavlo, as well as a salsa dancing exhibition from the world-ranked Eric and Kelly.

Conrad Gonzales said it was his first time at the event, but he enjoyed the wide variety music from reggae to Mexican.

"I really enjoyed the different types of music and cultural attractions down here, even though it's a little wet," he said.

KRISTA SYLVESTER

KRISTA SYLVESTER/METRO CALGARY

▶ Marci Maluta and Kim Preteau enjoy the sights and sounds of Expo Latino yesterday.

Backpacks filled for low-income kids

2,100 backpacks shy of meeting year's requests, organizer says

KRISTA SYLVESTER
@METRONEWS.CA

With just a $40 donation, Calgarians can help put school supplies in a backpack for children of low income families.

The City of Calgary Community & Neighbourhood Services has teamed up with Staples stores to ensure children of low-income families have school supplies for the upcoming school year.

There are only three weeks left in the program according to youth social worker Carmen Marquez, but the organizers are still short of their target.

"We are calling out to Calgarians to visit stores and help us reach our goal. It's so important and especially for low-income families, even a backpack can be quite a daunting cost," Marquez said.

Staples employees are volunteering their time with their friends and their families to pack the backpacks full of pens, pencils, paper, erasers and other school supplies, general manager Arlene Gillespie said.

"We've done this for five years now and everyone really enjoys helping out," she said. "Every year we're almost able to double how many people participate in the program."

The program is full for recipients and just needs help filling the backpacks, say the organizers.

Donations

- People can drop off cash donations at all Staples stores.
- Donations of $100 or more are eligible for a tax receipt from the city.

KRISTA SYLVESTER/METRO CALGARY

▶ Staples employees volunteer their time packing student's backpacks full of pencils and other supplies as part of a city program to give the bags to low-income families.

Swift bidders race for Mustang

$1,000 The most one lucky bidder will pay at the end of the auction for the new Mustang in any colour they want, according to founder Dustin Miller.

It's the biggest ticket yet and one swift bidder will be driving away in a 2011 Ford Mustang GT Coupe for almost nothing.

Swiftbidder.com is a unique auction website started by 18-year-old Dustin Miller who believes he's taking online auctions to a new level.

"It's the chance to get expensive items for dirt cheap and this Mustang is the biggest ticket yet. I think the website will really take off," Miller said.

Up to 600 bidders can pay $65 for the chance to bid, and bids go in one cent increments. KRISTA SYLVESTER

CONTRIBUTED

News in brief

Man dies in highway crash

FORT MACLEOD. A lone male driver was killed after it's believe he struck a post along the side of the road on Highway 3 near Fort Macleod at 4:30 a.m., RCMP said. Speed and alcohol do not appear to be factors, they said. The deceased has been identified as Ernest Vardy, 60, of Lethbridge.

METRO CALGARY

Murder charge for Calgary man

DEATH. Ahmed Abdulkadir Mohamed, 30, of Calgary is facing a second-degree murder charge after a man was stabbed Friday in the Bankview area. The victim, not yet identified by police, is expected to undergo an autopsy today.

METRO CALGARY

1 news

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KRISTA SYLVESTER/METRO CALGARY

▶ Marg Lang has ridden her motorcycles to raise money and awareness for asthma research and education since 1995.

Ride for Richard takes to the roads of Calgary

Last year, event raised $16,000 All donations go towards asthmatic research and education

KRISTA. SYLVESTER
@METRONEWS.CA

Dozens of Calgarians didn't let rain dampen their moods and took to the slick roads yesterday to raise awareness during Richard's Ride for Asthma Research.

There's no cure for asthma but there are ways to prevent asthmatic deaths, according to Vilma Dawson, who lost her 19-year-old son Richard to an asthma attack in 1994.

"The point of this is to let people know that asthma is not just a condition, it's a disease, and people can die from it but it's also preventable and manageable with the right medications and lifestyle," Dawson said as riders took off from Mount Royal University.

7 Seven people were admitted to an Edmonton hospital recently for severe asthma attacks, and four of them died, according to COPD and Asthma team leader Amin Thawer.

"Richard always liked motorcycles but he didn't live long enough to get to ride one, so we ride in his honour."

Since Richard died, Dawson has pioneered for the cause and the Richard's Ride for Asthma Research event has run every year since 1995, and motorcycle participant Marg Lang has rode every year.

"I love riding for any good cause and this is a good one," she said.

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CAROLYN KASTER/THE ASSOCIATED PRESS

▶ President Barack Obama gets some cash from a staffer to pay for lunch yesterday in New Orleans.

5 years after Katrina, people recall chaos

But region's recovery still not complete ◗ Many residents left out of grants to help people rebuild

Gulf Coast residents tried to put Hurricane Katrina behind them yesterday, marking its fifth anniversary by casting wreaths into the water to remember the hundreds killed.

But part of the catastrophe lives on, in abandoned homes still bearing spray-painted circles indicating they had been searched and whether bodies were found inside.

President Barack Obama joined those hailing the recovery made so far in New Orleans, which he said has become a "symbol of resilience and community."

New levees

▶ The Army Corps of Engineers is nearing completion on a levee system for New Orleans that the agency says should be able to withstand a Katrina-like storm once it is finished next summer. The Lower 9th Ward is now protected by a massive, dam-like structure.

In a neighbourhood that has seen little of that recovery, the Lower 9th Ward, it was the failures that seemed more apparent to residents. "It don't seem like much is getting done," said Charlene LaFrance, a teacher who watched commemoration events on Claiborne Avenue.

Obama, speaking at Xavier University, cited progress made in the recovery but added that there are still too many vacant lots, too many people unemployed and "too many New Orleanians who have not been able to come home." The recession and the Gulf oil spill have made it even tougher for the area to bounce back, he said.

THE ASSOCIATED PRESS

PAKISTAN FLOODING

Muslim countries give $1B

Muslim countries, organizations and individuals have pledged nearly $1 billion in cash and relief supplies to help Pakistan respond to the worst floods in the nation's history, the head of a group of Islamic states said.

The announcement came as floodwaters inundated a large town in Pakistan and authorities struggled to build new levees with clay and stone to prevent one of the area's biggest cities from suffering the same fate.

Foreign countries have pledged hundreds of millions of dollars to help Pakistan cope with the floods. But some officials had criticized the Muslim world for not contributing enough.

Ekmeleddin Ihsanoglu, head of the Organization of the Islamic Conference, likely sought to counter that criticism by announcing yesterday that Muslims have pledged nearly $1 billion.

THE ASSOCIATED PRESSS

Suspect's lawyer cries foul

A man arrested in an alleged homegrown terrorism plot will be held until at least tomorrow on unrelated assault charges, prompting his lawyer to cry foul yesterday.

Richard Morris, counsel for the 20-year-old, speculated that authorities are likely dragging things out so they can continue probing his client in relation to the terror investigation.

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Cast. Away

▶ Blockbuster is said to be preparing to file for bankruptcy protection next month, according to published reports. It has been hit by the rise of online competitors such as Netflix.

PAUL SAKUMA/THE ASSOCIATED PRESS

Blockbuster to go bust?

New data to shed light

TSX finished higher last week on the strength of Canadian banks' earnings

Investors will be taking in major economic data this week that will give them a better idea of the pace of the American economy.

They will be looking ahead to two of the most important reports that come out during any month — the U.S. non-farm payrolls report and the Institute for Supply Management's index on the U.S. manufacturing sector.

The ISM report comes out on Wednesday and there have been fears that the index could fall below 50, signalling a contracting manufacturing sector, after the Philadelphia Fed survey earlier this month showed a sharp drop.

But it's the non-farm payrolls report for August that is most widely anticipated since "the employment number is the most timely comprehensive measure of the overall U.S. economy," said John Johnston, chief strategist of the Harbour Group at RBC Dominion Securities.

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Ford recalls Windstars over axle corrosion

Investigation

The National Highway Traffic Safety Administration received 234 complaints.

▶ One driver reported the axle snapped in half after hitting a pothole, causing the tires to blow and the vehicle to strike a guard rail.

Ford is recalling 575,000 older model Windstar vans in the United States and Canada over concerns that the rear axles can potentially break.

The recall covers vehicles in the model years 1998 to 2003 sold or registered in those regions where the heavy use of road salt can cause more corrosion.

Ford said the recall affects about 112,000 vehicles in Canada.

THE ASSOCIATED PRESS

Service Canada to cut 600 employees

Hundreds of government workers who handle employment insurance claims are about to join the ranks of the unemployed, The Canadian Press has learned.

In a bid to balance its budget, Service Canada is cutting 600 employees across the country on top of another 600 who were let go in May.

Service Canada said in a statement the job cuts are simply following the ebb and flow of the economy, as planned.

"When these workers were hired both the temporary workers and the unions were aware that these jobs were temporary positions. When the economy began to recover and the volume of EI claims lessened, these temporary positions were no longer required."

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NICE LAWNS DON'T EQUAL GOOD HOMES

In Defence Of ...

MIKE MORRISON

When this month's edition of Avenue's "Calgary's 15 Best Neighbourhoods" was released, I secretly hoped the publication would challenge itself to write about other neighbourhoods besides the ones that can afford the houses advertised on its pages.

It didn't. Instead, über-expensive, über-exclusive and über-pretentious Elboya, Rosedale and Altadore all received top honours. I conducted a little survey and precisely zero per cent of the people I asked were surprised.

Obviously, the magazine has a specific demographic to which it should appeal, but it doesn't mean it gets to be lazy. These areas have lawns and driveways and enough traffic-calming circles to make a clown dizzy. These neighbourhoods don't need to be told they are the best in Calgary, they already know it.

I've lived in some of the areas Avenue drools over. As places to pay rent, they have all been great, but the article makes no mention of the regular break-ins or the vomit I found on my lawn every weekend. Turns out, rich people get drunk, too.

While places like Inglewood, Sunnyside and Hillhurst all have wonderful aspects about them, they aren't perfect. After searching on the Calgary Police Service website, it seems in the past couple of months there is hardly any community in Calgary that hasn't had its share of crime.

So why leave other areas like Forest Lawn out of the mix?

"These neighbourhoods don't need to be told they are the best in Calgary, they already know it."

Forest Lawn seems to be the Belinda Stronach of Calgary neighbourhoods. Everyone is terrified to go there and no matter what it does, it has a bad reputation. But is it really that bad? Just like Elbow Park has needles hiding in its perfectly groomed grass, Forest Lawn has its challenges, too.

However, there are great things going on in this neighbourhood. Recently, we've all watched independent businesses struggle along 17th Avenue, Kensington Road and 4th Street SW. Yet, areas like Sunalta and Forest Lawn are home to hundreds of independent business owners who are the first we call when something is wrong with our car, when we're looking for great antiques or when there is a leak in our house.

We don't have to love neighbourhoods like Forest Lawn or Sunalta, but we have to respect them. Instead of alienating so many communities, Avenue Magazine should ask Calgarians to expand our horizons to visit different places and meet new people. Who knows, maybe we could find a great new place to eat, or an awesome dog park.

At the very least, maybe we could find a Tim Hortons that doesn't have a line.

Cartoon

MICHAEL DE ADDER

Rules apply to everyone

Letters & Tweets

We asked: What's your biggest pet peeve?

DARTMOUTH. My pet peeve is those people who park in no parking zones if they're "just going to be a minute." Most of us are in that situation and choose to obey the law. What makes them so special?
PAM GIFFIN

TORONTO. My biggest pet peeve is when people have something stuck in their teeth and they position their tongue behind the teeth and suck for dear life repeatedly — with no success. That sound drives me nuts! Why do they keep sucking? Get a toothpick or some dental floss please. **NICOLE MITCHELL**

TORONTO. My most hated pet peeve is the price fixing the government has been doing on booze and beer.
HENRY KAHRS

TORONTO. Watching the downtown CEO's getting huge wages while the minions who work for them get next to nothing and put up with all the crap.

Watching celebrities use their income for drugs and booze while other people in the world are starving and living in filth. Put that addiction money to good use.
LINDA MAKARCHUK

Sign, sign, everywhere a sign

CONTRIBUTED

What's a sure sign summer is ending?

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Metro Minute at World of Science

With only one week left, Calgarians should take a last-chance Metro minute to see Gunther von Hagens' Body Worlds and the Brain at the TELUS World of Science.

The science show has 25 full body human plastinates, including figure skaters, a baseball player, soccer player, baseball player, skateboarder and more.

The controversial exhibit, viewed by tens of thousands of Calgarians, has been in Calgary since the spring.

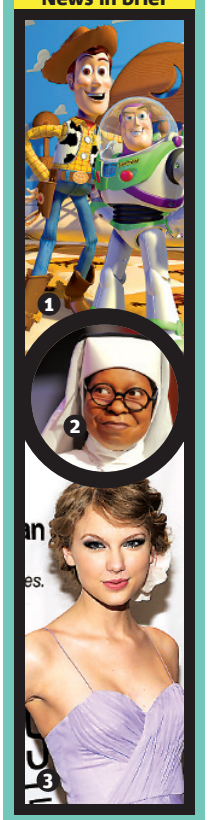
The show only runs until Sept. 6, and people are encouraged to buy tickets online in advance. Tickets can be bought online at www.calgaryscience.ca.
KRISTA SYLVESTER

CONTRIBUTED

▶ The Body Worlds and the Brain at the TELUS World of Science runs until Sept. 6.

2 scene

News in brief



1 Toy Story 3 passed $1 billion in worldwide ticket sales Friday.

2 Whoopi Goldberg's mother had a stroke on Friday.

3 Taylor Swift met George H.W. Bush in Maine after he watched her show. METRO

Want to know all the gossip and winners from last night's Emmy Awards? Scan this code

Once considered 'viral' entertainment, online comedy is doing robust business with branded entertainment How the genre is making money Why big names are getting involved

Funny business

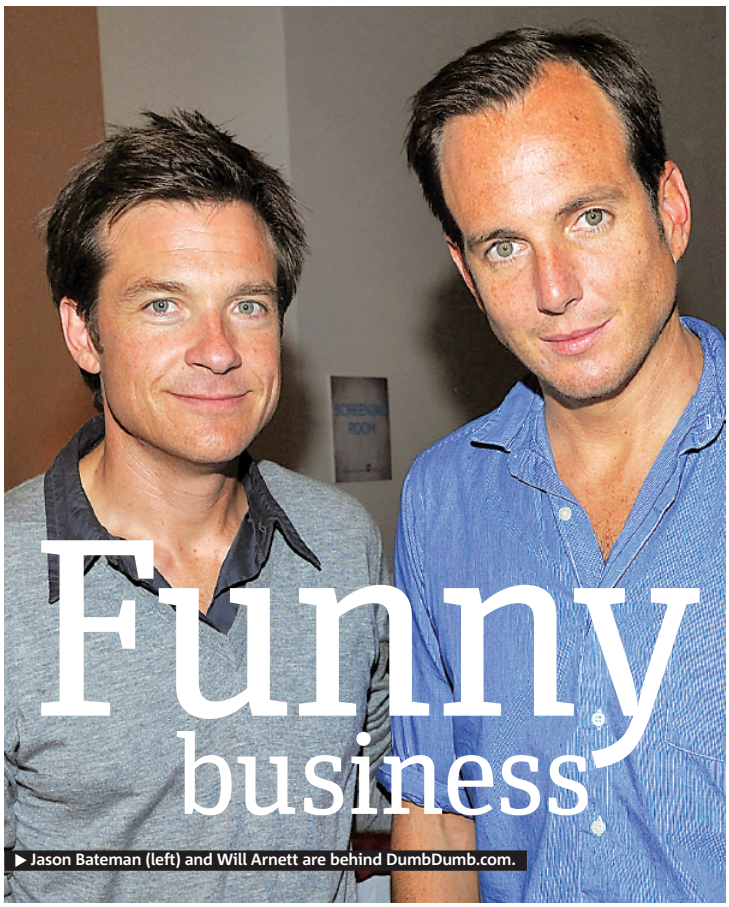
HEIDI PATALANO
SCENE@METRONEWS.CA

Prince claimed last month that the Internet is dead, but the 52-year-old singer may not be as tapped into the signs of the times as he once was. As more consumers head online to get their entertainment, so does the advertising money — and as we all know, money is power.

The recent launch of DumbDumb.com — a site developed by funnymen Will Arnett and Jason Bateman — seems to underscore a future of overtly-branded online entertainment, taking the place of traditional advertising. DumbDumb is a self-described comedic content, marketing and advertising company for which Arnett and Bateman develop skits that highlight brands like Orbit gum in key plot points.

"Will and I and our peers in the comedy world really like doing these things online, and if you can bring advertising into it, then you monetize that process and then you become a relevant player in the advertising world," Bateman explained in an interview with PaidContent.org. "The advertising world is looking for that nowadays since not a lot of people are watching commercials on TV anymore."

DumbDumb seems to be taking the next logical step beyond successful online comedy sites like FunnyOrDie.com and MyDamnChannel.com, which feature famous comedians and direct contact with an audience who provides valuable page views.



▶ Jason Bateman (left) and Will Arnett are behind DumbDumb.com.

GETTY IMAGES

Experts speak

▶ Jack Black portrays Jesus in a web video called Prop 8: The Musical

Where the advertising money goes:

▶ **"It's almost like** a brand as a producer rather than a brand as an advertiser or a sponsor," explains Doug Akin, Chief Engagement Officer at Mr. Youth, a strategic digital marketing firm. "Brands used to go to the agency and agencies created the content and distributed it to the media channels. Now, FunnyorDie.com and YouTube, they're saying, we can create the content."

A wet hot comedic summer

Rob Barnett, founder and CEO of MyDamnChannel, explains how their site keeps the financial gears greased.

"We have three different revenue streams; the first is advertising, which is split into two camps — display advertising and branded entertainment. The second category is the licensing of the last three years of our content to every digital platform that will pay us," he says. "The third revenue stream will kick in in the fourth quarter of this year: paid programming."

The format of the three to five minute sketch has been a success for MyDamn Channel — notably David Wain's Wainy Days series and You Suck At Photoshop. But the sketch is the least revolutionary element to online comedy.

Just ask a veteran, who was doing it before the Internet even existed, actor and comedian Michael Showalter. Showalter has recently launched a comedy series called The Making Of … on Babelgum.com.

"We don't need a network to have people see these things as long as they're cheap to do and fun."
MICHAEL SHOWALTER

"We were just making the videos for ourselves and showing them live to an audience," he says of his early sketches. "Then somewhere along the way, they kind of got picked up on the Internet, but we weren't at any point making them for the Internet." METRO

Emmys go Bad

Breaking Bad pair get best actor and supporting nods

Bryan Cranston's portrayal of a meth dealer in Breaking Bad and Kyra Sedgwick's role as a brassy deputy police chief in The Closer earned the pair top drama series acting Emmy Awards last night.

Cranston's honour was his third trophy for playing a high school math teacher gone wrong, while his co-star, Aaron Paul, earned his first award as best supporting actor for playing his partner-in-crime.

"During the time it took me to walk up here, I venture there were 200 text messages to the other nominees saying, 'You were robbed.' I cannot argue with that," Cranston said.

"Oh, this is the most ridiculous thing that has ever, ever happened in the history of this lovely awards show. I'm not funny!"
EDIE FALCO

Archie Panjabi of The Good Wife was honoured as best supporting actress in a drama for her part as a law-firm's in-house private investigator, as Emmy voters spread the riches widely among veterans and fresh faces.

Edie Falco of Nurse Jackie and Jim Parsons of The Big Bang Theory were honoured for their comedy series lead roles.

Eric Stonestreet of Modern Family and Jane Lynch of Glee were honoured for their comedy-series supporting roles.

Mad Men won its third straight best drama series award. THE ASSOCIATED PRESS

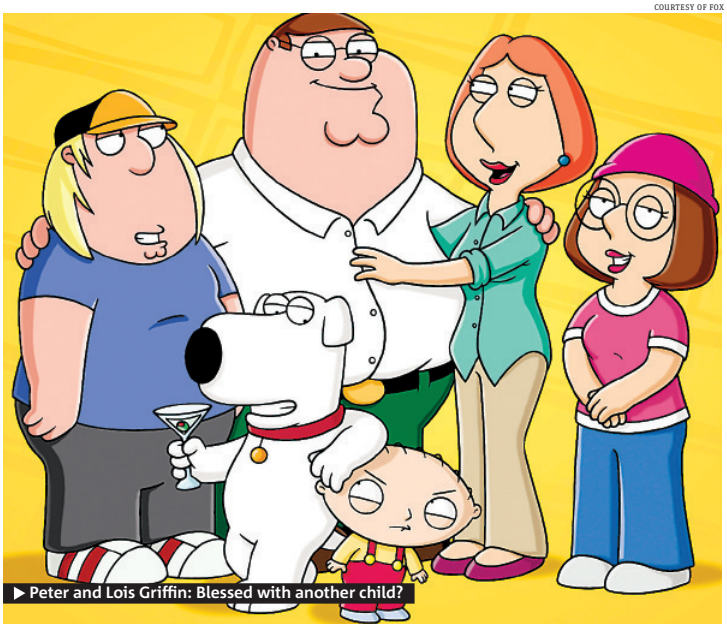
JASON MERRITT/GETTY IMAGES

▶ Breaking Bad co-stars Aaron Paul, left, and Bryan Cranston pose with their best supporting actor and best actor awards last night at the Emmy Awards in Los Angeles.

Family Guy — guts and glory

‘Censored’ episode coming to DVD ◐ Those who should maybe choose to pass include the uninitiated, faint-of heart, or anti-abortion crowd

COURTESY OF FOX



▶ Peter and Lois Griffin: Blessed with another child?

Family Guy forbidden fruit will soon be available for plucking — at least, for fans prepared to pay $15 for a peek.

Partial Terms of Endearment, a never-seen episode of the racy animated series, will be available for sale on DVD on Sept. 28 from Twentieth Century Fox Home Entertainment — more than a year after the Fox network deemed it outrageous even by Family Guy standards and pulled it from last season’s slate of episodes.

Since then, the episode, which will not be downloadable, has gained a sort of “banned-in-Boston” notoriety. Further upping the ante is its subject matter. Bumbling, moronic Peter Griffin and his patient but libertine wife, Lois, throw themselves into the abortion debate.

Most of the episode dwells on Lois (voiced by Alex Borstein) agreeing to become a surrogate mother for a friend who can’t have a child. But after her friend and her husband are killed in a car crash, the Griffins are left with the difficult decision of whether to proceed with the pregnancy or not.

It’s not as if the episode trivializes the debate. Oh, it’s a big decision, Peter readily acknowledges. “But life is FULL of big decisions — like deciding whether or not to have Indian food.”

To see the episode in all its cartoon glory is to conclude three things:

It’s wickedly funny, no matter how offensive. It was never (at least, not in this lifetime) ever going to make it to the air of any commercial TV broadcaster. (Hmmmm. Was shooting it, then “censoring” it always a marketing ploy to super-charge DVD sales?)

And, finally, it’s recommended only for the Family Guy faithful.

THE ASSOCIATED PRESS

TV Picks

Canadians star in lavish flick

MINISERIES. The Pillars of the Earth concludes with a two-hour finale as Philip, Waleran and Alfred plot to get rid of Jack. The lavish eight-hour miniseries, which cost $50 million to make, was executive produced by Tom and Ridley Scott, directed by Sergio Mimica-Gezzan, and stars Canadians Donald Sutherland, Gordon Pinsent and Alison Pill, as well as actor Ian McShane. (The Movie Network)

THE CANADIAN PRESS

Bourne thriller on two nights

MOVIE. If you’ve never seen any of Matt Damon’s Bourne Identity spy thrillers, this week is your chance to catch the first two in the series. The first stars Damon as Bourne, a man who awakens with amnesia and finds he’s being hunted. (CHCH) The next film, Bourne Supremacy, airs Saturday. (Peachtree TV)

THE CANADIAN PRESS

Idol zaps Cowell rumour

A furor over whether Simon Cowell’s British talent show The X Factor electronically altered contestant voices has prompted American Idol to make a pre-emptive strike.

“We have never, nor would we ever, use Auto-Tuning during the American Idol competition,” producers of the Fox show said in a statement Thursday, referring to pitch-correcting technology.

American Idol viewers can attest that contestants have been regularly scolded for “pitchiness.”

Cowell left the judge’s panel on the top-rated Fox series at the end of last season and is bringing The X Factor, which he created in Britain and is hugely popular there, to Fox in 2011.

THE ASSOCIATED PRESS

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What happens in Vegas? Well...

Police in Vegas stopped car over smell of pot Photographed, fingerprinted, then released

Paris Hilton's latest run-in with the law began when a motorcycle officer got a whiff of suspicious smoke emanating from a Cadillac on the Las Vegas Strip.

Suspecting the odour was marijuana, the officer stopped the car at 11:22 p.m. Friday and during a check, police say a bag of cocaine fell out of the 29-year-old socialite's purse.

The officer "followed the vapour trail and the odour of marijuana to the Escalade," police Sgt. John Sheahan said.

It's the second time this year that Hilton has been arrested on drug possession allegations, although authorities in South Africa dropped marijuana charges earlier this summer. In 2007, Hilton pleaded no contest to alcohol-related reckless driving and was sentenced to 45 days in jail.

This time, the hotel heiress was with her boyfriend, Las Vegas nightclub mogul Cy Waits, who manages a club inside the Wynn Las Vegas and was driving the black SUV.

Hilton was arrested on suspicion of felony cocaine possession.

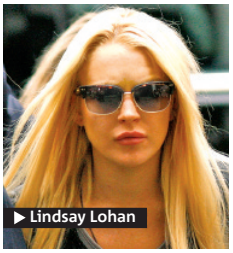
Waits, 34, was arrested on suspicion of misdemeanour, driving under the influence of alcohol or drugs.

Sheahan said Hilton received no special treatment.

THE ASSOCIATED PRESS

LAS VEGAS METROPOLITAN POLICE DEPARTMENT

▶ This photo of Paris Hilton was released Saturday by the Las Vegas police department.



▶ Lindsay Lohan

Lindsay faced with lots of post-rehab temptation

Lindsay Lohan is doing her best to stay out of trouble now that she's out of rehab, but it isn't easy, according to Page Six. The troubled actress is reportedly turning down $150,000 offers to host parties at clubs and casinos. "It doesn't seem right. Lindsay just got out of rehab and prison, and certain casino owners are offering a ton of money for her to host a party and be around alcohol when she has specifically been told not to," a source says. METRO

Talking points

There's always hope

ONE LITTLE MISTAKE. Spencer Pratt still thinks he can patch things up with estranged wife Heidi Montag, despite a nasty breakup and his alleged attempts to sell a sex tape starring the pair and a Playboy playmate, sources tell TMZ. The former MTV reality star reportedly still loves his wife and thinks they just need "relationship counseling." As for Montag, the sources say she's on board with the idea. METRO

Drugs and rock 'n' roll

INSPIRING. After admitting to Vanity Fair that she used cocaine occasionally, Lady Gaga is speaking out again to defend her past drug use. "I really figured out the art I wanted to make and was inspired," she tells Q Magazine. "Some people find inspiration in dark places. I guess I'm one of them. What always made me different is that if I was doing drugs I was also making music. I wasn't just doing drugs." METRO

Celebrity tweets

Lindsay Lohan [@lindsay-lohan] Clearly.. Paparazzi shouldn't be allowed to take pictures or video while someone's driving or at a stop light. 4every1's sake

50 Cent [@50cent] I want everybody to know from the bottom of my heart I do not appreciate yal calling me crazy I'm special

Nicky Hilton [@Nicky Hilton] Apparently someone set up a fake facebook pretending to be my mom. So odd. I don't think she even knows what FB is.

Kanye West [@kanye west] Yo why people gotta make they internet passwords so damn complicated???

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GETTY IMAGES

▶ Young celebrities like Justin Bieber can inspire your tweens through their philanthropy.

Celebs inspire philanthropy

It may be hard to get your children caring about the things that matter in life, but exposing them to philanthropic celebs might just do the trick

Celebrities make headlines daily for their philanthropic work urging others to get involved and do their part. The tween generation is a segment that is easily inspired by famous people. Tween role models such as Justin Bieber and Miley Cyrus are no exception when it comes to helping their communities and giving back. Although busy with their careers, these young stars still make time to volunteer and support charities.

Tweens — children aged 9-12 — are often unaware of the opportunities available to them and how easy it is to volunteer and get involved in charitable work. Parents can help their kids get involved by finding them initiatives that they can participate in. A good start for tweens could be volunteering at a local community centre or food bank, taking part in a park clean up or playing with pets at a local animal shelter.

Other ideas include:

- Helping to cook or serve a meal at a homeless shelter;
- Adopting a senior citizen "grandfriend" and writing him or her letters and visiting;
- Holding a door open for someone;
- Recycling;
- Baking cookies and bringing them to a local firehall or police station.

Volunteering is a great way for kids to learn that helping others can make you feel like a star.

NEWS CANADA

Humanity

Volunteering Another way is to enter a contest that helps make a difference. For example, from Oct. 4 to Nov. 12, Genworth Financial Canada and Habitat for Humanity are offering students in Grade 4, 5 and 6 the opportunity to share their thoughts about "what they love most about their home."

By entering the Meaning of Home Contest, students have the chance to help funds go towards the building of a home for someone deserving in their community. They will also enjoy 'celebrity status' by hosting a pizza party for their entire school.

Encourage your kids to enter the contest by logging on to meaningofhome.ca and having them write about what they love most about their home.

NEWS CANADA

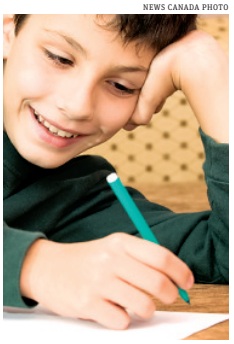
Encourage your tween to write

As any published author will tell you, becoming a good writer takes practice. When it comes to tweens, some smart tactics can do a lot to encourage their storytelling skills. Along with reading a lot, here are some other tips to encourage your budding talent:

- **Writing space:** Consider making a location in the home a haven for writing. Sometimes a simple desk and chair in a quiet area is all that's required.
- **Writing paper:** Stock a variety of paper sizes for different writing projects.
- **Writing tools:** Of course, be sure to stock paper and pens, and if you can afford it, consider a home computer.
- **Reference books:** Editing is also part of the writing process so a dictionary to check spelling, a thesaurus for better word choices, and even a rhyming dictionary can be a great help.

NEWS CANADA

NEWS CANADA PHOTO



Humility

Being thankful for your home

TWEENS It's a common occurrence to want more things in life and easily forget to be grateful for all that we have. Even having a roof over our heads is sometimes taken for granted. Passing along this message to tweens aged 9-12 who don't realize this, can be discouraging. Here are two tips that can help teach the importance of being thankful and expressing it in a meaningful way:

Set the Example: Parents have to model behaviour they hope their children will adopt as their own.

Volunteer: Why not take your next family vacation somewhere that will be a memorable experience while helping those less fortunate? NEWS CANADA

3 life

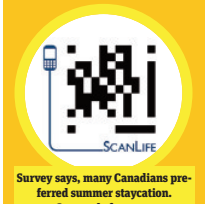
Party time!

Top party planning tips for parents

From treasure hunts to pass the present, classic birthday party games have never gone out of style, even if they are sometimes forgotten. Celebrating its 60th birthday, Minute Maid shares its tips on how keeping it simple is the life of the party:

- Keep it fun: There's a reason we played pin the tail on the donkey as kids (and so did our parents and grandparents) — it's entertaining.
- Make it yummy: Before they load up on cake, have healthy snacks and drinks available like a simple pizza with some veggies and 100% juice, will keep kids full and happy.
- Keep it simple: It's a special day that comes only once a year, but it doesn't have to be an expensive one. Work with your birthday boy or girl to get creative.

NEWS CANADA



Survey says, many Canadians preferred summer staycation. Scan code for news

THE ASSOCIATED PRESS

▶ Fettuccine with parmesan, chicken and asparagus.

Pre-cooked chicken inspires new meals

I'm fairly confident I've never actually eaten a rotisserie chicken as one would a traditional roasted chicken — as in, slabs or chunks of meat hacked from the bird.

In my cooking, these chickens are a not-so-raw (thankfully!) ingredient on which to build the rest of the meal without adding any cooking time. As in this recipe, which tosses the meat with grated Parmesan cheese, blanched asparagus and some pasta.

Preparation:

1. Bring a large saucepan of salted water to a boil. Add asparagus and blanch for 2 minutes, or until bright green and just barely tender. Use a slotted spoon and remove to a plate. Return water to a boil.
2. Add pasta to water and cook according to package directions. Drain and set aside.
3. Meanwhile, in a medium saucepan over medium-low, combine cooked chicken, broth and red pepper flakes. Heat until warmed through.
4. In a large bowl, combine asparagus, pasta and chicken with broth. Add butter and Parmesan, then toss well until melted and creamy. Season with salt and pepper.

THE ASSOCIATED PRESS

Ingredients :

- 500 g asparagus, trimmed, cut into 2.5-cm pieces
- 1 pkg (340 g) fresh fettuccine
- 750 ml shredded cooked chicken
- 125 ml chicken broth
- Pinch red pepper flakes
- 250 ml grated Parmesan
- 30 ml butter, cut into small pieces
- Salt and ground black pepper, to taste

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Beer, chili and burgers

When Rachael Ray wants big flavour in a burger, she thinks small, itty-bitty bite sized servings

Though Rachael Ray considers herself an equal opportunity eater when it comes to burger varieties, her favourites are the trendy two- and three-bite versions.

Ingredients :

- 1 kg (2 lb) ground sirloin
- Montreal Steak Seasoning (by McCormick)
- 50 ml (1/4 cup) Worcestershire sauce
- 5 ml (1 tsp) dried marjoram
- 5 ml (1 tsp) dried thyme
- 30 ml (2 tbsp) ancho chili powder
- 125 ml (1/2 cup) beer
- 50 ml (1/4 cup) vegetable oil
- Barbecue sauce (see recipe on at Metronews.ca/food)
- 10 small burger rolls
- Spicy kirby cucumber slices (see recipe on at Metronews.ca/food)
- Oil-and-vinegar slaw (see recipe on at Metronews.ca/food)

"I make so many different types of burgers it's unfair to play favourites," Ray said in an email interview. "But I do believe the best burgers come in slider size. I am slider obsessed. They are easy to hold, easier to cook perfectly and the bun never gets soggy."

Ray offered a ground sirloin slider jammed with flavour from Worcestershire sauce, herbs, ancho chili powder and — for good measure — beer.

Preparation:

1. Heat a grill to medium.
2. In a large bowl, combine meat with steak seasoning (or salt and pepper). Add Worcestershire, marjoram, thyme, chili powder and beer. Mix.
3. Form mixture into 10 slider-sized (use your rolls as a guide) patties, then drizzle each with a bit of the vegetable oil.
4. Place sliders on grill and cook for 5 minutes per side for medium-rare, basting liberally with barbecue sauce as they cook.
5. Place burgers on rolls and top with cucumber slices and slaw. Makes 10 sliders.

THE ASSOCIATED PRESS

FILE PHOTO/THE ASSOCIATED PRESS

LARRY CROWE/THE ASSOCIATED PRESS

▶ Rachael Ray's, upper left, Brooklyn beer chili burgers.

Old magazines, junk get crafted into bowls, beads

THE ASSOCIATED PRESS

▶ A rolled-magazine basket project from The Big-Ass Book of Crafts by Mark Montano, a designer for TLC's While You Were Out.

Turn your pages into pretty things ◐ Non-profit groups and crafters in developing nations use paper-rolling as a means to learn business and entrepreneurial skills ◐ The practice is catching on in North Amercia too

When you're done with that magazine, don't toss it.

Clever crafters today are turning pages into pretty: beads, bowls, baskets, photo frames, mirrors and more. It's all made by rolling strips of shiny magazine paper, junk mail and other paper trash.

Some of the paper beads you can buy in craft and jewelry stores are made by women in developing countries.

A non-profit group called BeadforLife, in Boulder, Colo., for instance, trains Ugandan women in paper bead-making, then buys their finished jewelry for sale in the United States. Besides beading, the Ugandans learn business and entrepreneurial skills. They open bank accounts. And 18 months after joining BeadforLife's program, each graduate is expected to launch her own small business in her community.

Most succeed, says Torkin Wakefield, co-founder and co-director of BeadforLife. The non-profit has worked with more than 700 women since its 2004 inception, and paid nearly US$1 million to its jewelry makers last year.

"The problem with being really poor is you can't save or get ahead," says Wakefield. "The bead rolling gives them a steady income for all 18 months (of the program), so they don't have to worry."

Paper rolling is also catching on among crafters in this part of the world. Rebecca Douglas, 23, of Lansing, Mich., learned how to roll paper beads as a child living in Namibia, and returned to the skill years later out of financial necessity.

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Paper beads can be made out of nearly any paper trash; Douglas prefers to use catalogues and other unsolicited mail.

"It's my quiet protest against junk mail," she says.

Douglas also fashions rolled paper into larger objects: a waste basket, a mirror. She snips off spirals from her paper rods to create delicate necklaces, which she sells from her Etsy shop, Reloved Designs. All of her creations — and instructions for many of them — can be seen on her blog, RelovedDesigns.com. Some were adapted from The Big-Ass Book of Crafts (Simon Spotlight Entertainment, 2008) by Mark Montano, a designer for TLC's While You Were Out.

"I've kept my hands busy for so long now they can't handle not doing anything," says Douglas.

Another paper-beading fanatic is Janice Bautista, 52, who owns Aubrey's Beads shop in Glendora, Calif., and sells beads and jewelry online. She calls herself "the Paper Bead Princess" in the profile at her Etsy store, Janicemae, and posts a new use for paper beads daily on her blog, Paper Beads.org.

Bautista is crazy for the colours and shapes of paper beads, but it's the element of surprise that really grabs her.

"When you're rolling it, you'll slowly see the beads come to life," Bautista says.

Bautista has a sister in the Philippines, an avowed non-crafter who caught the paper-beading bug, then shared it with others. Now the sisters employ about 50 bead-rolling women in Quezon City, and Bautista receives about 200 36-bead strands a month to sell at her shops.

"It's driven by the idea of helping the women have jobs," Bautista says.

THE ASSOCIATED PRESS

Online

- http://paperbeads.org
- abreysbeads.com
- beadforlife.org
- etsy.com/shop/janicemae
- etsy.com/shop/reloveddesigns
- reloveddesigns.com

THE ASSOCIATED PRESS

▶This undated photo provided by Rebecca Douglas, of Lansing, Mich., shows a necklace she made with beads made from catalog pages.

Get rolling with junk mail

To get rolling, a few supplies help: paper, a rolling tool, glue or a glue stick, scissors and a water-based sealant, such as Polycrylic by Minwax.

Both Bautista and Douglas recommend recycling waste paper, and Bautista suggests experimenting with nontraditional paper, such as cat litter bags, which are sturdy. Rolling tools can be purchased at craft stores, but Bautista and Douglas recommend working with items in the home: a coffee stirrer, a toothpick, a pencil, even your finger. The larger the rolling tool, the larger the bead hole will be.

Bautista mostly relies on her tapestry needle, while Douglas uses her grandmother's metal, narrow-sized knitting needle, which she also uses to roll the rods for her spiral jewelry.

Many online sites, such as those listed below, offer paper-bead-rolling instructions, but it comes down to simply cutting a long strip of paper — preferably wider at one end; rolling it around the rolling tool (from wider to narrower end); gluing it; allowing the glue to dry, and sealing the bead.

Bautista says it's just about the easiest craft to teach.

Douglas suggests starting by hoarding junk mail.

"Start getting excited when you get catalogues in the mail for stuff you don't want," she says.

THE ASSOCIATED PRESS

DIY GLASS CLEANERS

QUESTION:
I tried switching to a safer, non-toxic glass cleaner but ended up with streaks and smudges. What's the deal?
— Britt from Toronto

Queen of Green

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

▶ Clean up using safer, greener glass solutions.

If you've been using conventional glass cleaners, you should take one small step before making the full leap to safer products. First, you need to clean up the toxic gunk traditional brands leave behind.

Grab a spray bottle and mix a five per cent solution of hydrogen peroxide to water. Spray onto the glass and mirrors in your home, and voila! This mixture will cut through the waxy film. Now you can start using safer products, especially products without ammonia (the vapours can irritate eyes and lungs).

Before you start shopping for an alternative store-bought brand, try this easy glass-cleaner recipe: one-part water to one-part white vinegar. For the more refined, a can of club soda added to a spray bottle will do. These cheap green cleaning solutions can be wiped off with yesterday's newspaper. You can even use this column once you're done with it!

Green ideas

WHAT TO LOOK FOR ON A LABEL

1. **The wider world.** These schemes aim to provide sustainable livelihoods as well as protect the ecosystem and biodiversity of the country they originate from.
2. **Organic labels.** The meaning of the word 'organic' is one that has been defined by law. Organic farming for example carries strict guidelines on the artificial chemical fertilizers and pesticides used in the process.
3. **Green labels and claims.** These are designed to help consumers choose products that cause the least harm to the environment. Unfortunately, these labels and claims tend to be unclear and vague.

METRO WORLD NEWS

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Why being shy just won't fly

For people with social anxiety, work can be an isolating place

DREW HINSHAW
LIFE@METRONEWS.CA

The grim news, as handed down from the human genome project: Shyness may very well be genetic, an inescapable condition passed out at birth to thwart, among other pursuits, your career.

For the hopelessly shy, the contemporary workplace can be a dreadful and alienating environment — full of perceived slights and projected criticism.

"You live in a private world when you're shy, a world that is full of projections about what everybody else thinks," says Steve Flowers, author of The Mindful Path Through Shyness. "It isolates you from other people and leads you to be self-critical and harbor self-doubts. You begin to suspect that you're not as good as others."

Properly played, however, a touch of timidity can be a workplace asset. Super self-conscious workers are often more attentive to others, needs and more understanding of their faults.

"Social anxiety makes you feel a little sense of compassion for what others might be going through," Flowers says.

Moreover, he adds, it's a condition that can be addressed through non-pharmaceutical means far cheaper than the selective serotonin re-uptake inhibitors peddled on antidepressant ads.

"If you can find a way to work that worst of all critics, the one inside of you, you'll find you're a lot more capable of working with those critics that are outside of you." STEVE FLOWERS

▶ A touch of timidity can be an asset in the workplace.

The psychotherapist recommends that workers with social anxiety take time out before important meetings or high-pressure situations to simply be.

"Spend the first 10 or 15 minutes before your big business meeting doing your best just to be in the moment," Flowers says. "Listen to the sounds of the office. Shift away from this whole notion of trying to impress people, which is a mental state, to a physical world of sensation."

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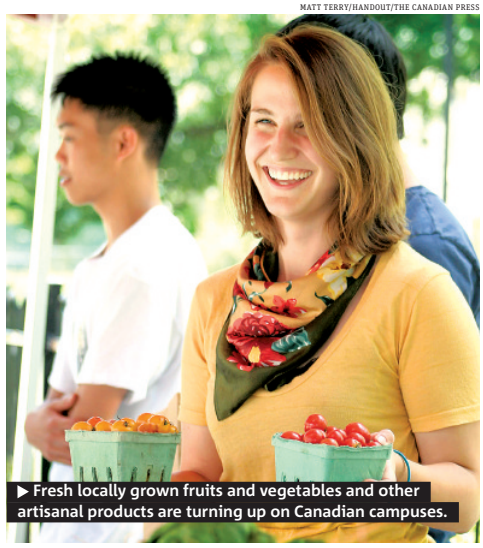
Fresh local food goes to school

Universities have become a haven for local produce

MATT TERRY/HANDOUT/THE CANADIAN PRESS



▶ Fresh locally grown fruits and vegetables and other artisanal products are turning up on Canadian campuses.

Fresh locally grown fruits and vegetables and other artisanal products are turning up on Canadian campuses as students embrace the trend of shopping at farmers markets.

McMaster University in Hamilton has just launched a market, the result of student Mary Koziol's passion for local food. It runs every Thursday in the centre of the campus.

"It's a completely not-for-profit venture," says the 22-year-old president of the university's student union. "But it's a start in terms of offering healthy and local options to those who study, work, and visit the McMaster campus."

At Brock University in St. Catharines, Ont., about a dozen local vendors bearing fruits, vegetables, cured meats, fresh lamb, cheeses, freshly baked bread and maple syrup descend on the campus every Friday. "We do it outdoors and have a barbecue going as well as live entertainment," says university spokesman Iain Glass, adding, "It is the social event of the week, a wonderful break for students and others as well."

Although the McMaster market is run by students, Koziol says the farmers who supply the produce "are invited to come and share their invaluable knowledge with us."

So far they have managed to source three area growers of fresh produce as a beginning, she says.

Robert Chorney, executive director of Farmers' Markets Ontario and chairman of Farmers' Markets Canada, says the campus markets are so far relatively unknown by his organization. "We have had inquiries from a few universities, but I know very little about what is going on with them," he says. "We would be glad to help them in any way we can because it is so positive to see the students keen on local, fresh, nutritional food."

Dalhousie University in Halifax doesn't have a farmers market, but it has put in community gardens so students can grow fruits and vegetables, says university spokesman Charles Crosby.

The University of Waterloo's market is located in the Student Life Centre and is operated by student volunteers, says spokesman John Morris. Students teamed up with the university's Food Services division and produce is sourced from the Mennonite-run Elmira Produce Auction Co-operative. THE CANADIAN PRESS

Student growth

- **One of the** most ambitious projects is the farm at the University of British Columbia in Vancouver. Its market has become so successful that it runs twice a week, Wednesday and Saturday.
- "This is a pretty unique connection," says Mark Bomford, director for Sustainable Food Systems at the farm. "Most farmers markets rely on produce grown somewhere else, but the food for our market is grown right in our fields."

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Canada comes close to first win

As Jermaine Anderson put up a last-second three-pointer, he had every reason to think Canada was about to get its first win at the world basketball championships.

The Canadians were hot from beyond the arc early against Lithuania, but after driving down the sideline with the ball in the frantic final moments yesterday, Anderson missed the three and Canada lost 70-68.

"There was about two seconds when I looked up," said Anderson.

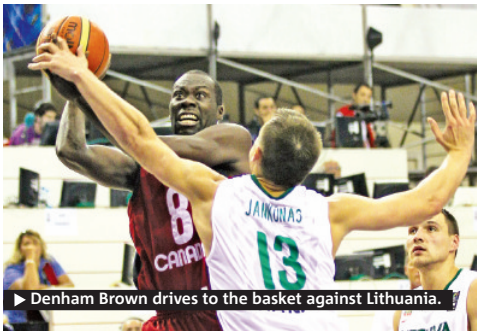
"Even if I drove it would have been good shot. I thought I would pull up where I hit a little bit of daylight, but the shot just didn't drop."

15
Jermaine Anderson led Canada with 15 points and five assists.

Time might be running out on Canada's chances to advance into the knockout rounds in Istanbul. With two losses already, a loss against France in its next game tomorrow would likely keep Canada from finishing in the top four of six Group D teams.

"We don't plan on giving up, and the players are not going to give up," Canadian head coach Leo Rautins said in a release. THE CANADIAN PRESS

DARKO VOJINOVIC/THE ASSOCIATED PRESS



▶ Denham Brown drives to the basket against Lithuania.

Wie wins by three at Canadian Open

Twenty-year-old golfer shoots a 2-under-par 70 to win in Winnipeg

Rain wasn't the reason Michelle Wie was drenched after winning her second career victory at the CN Canadian Women's Open yesterday.

After the 20-year-old Hawaiian shot a 2-under-par 70 for a three-stroke victory, her longtime friend and fellow American player Christina Kim sprayed her with champagne on the 18th green.

"I was trying to run away from her," Wie said with a laugh.

"All I was thinking in my mind was, 'I'm wearing white pants — please be nice, Tina.'"

Wie was 12-under 276 for the tournament and earned $337,500 US from the $2.25-million event, the only LPGA Tour stop in Canada. Her first career win was last November at the Lorena Ochoa Invitational during her rookie season.

Wie led wire-to-wire at the Open, including an opening-round 65.

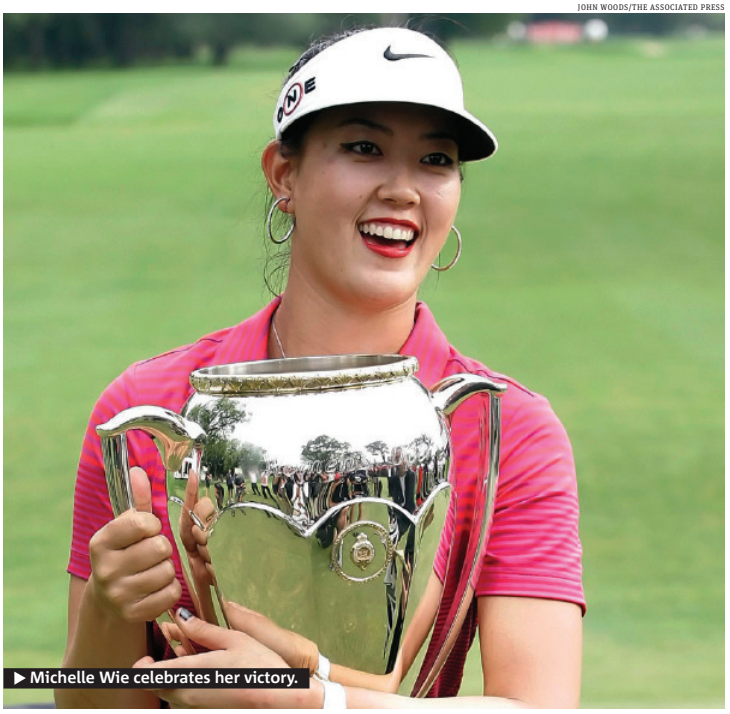
Heading into the final round, which saw dark clouds roll in with a few brief raindrops late in the day, Wie shared the top of the leaderboard with Jiyai Shin of South Korea at 10-under.

Shin shot a 1-over 73 and tied for second with Kristy McPherson of South Carolina (66), defending champion Suzann Pettersen of Norway (69) and Jee Lee Young from South Korea (69). THE CANADIAN PRESS

Raising Kane

▶ Lorie Kane of Charlottetown was the low Canadian of the three Canucks in the 73-player field. She surged up the leaderboard with a 5-under 67 to end the day tied for 11th, her best finish since 2008.

JOHN WOODS/THE ASSOCIATED PRESS



▶ Michelle Wie celebrates her victory.

Fixing allegations rock cricket

England wrapped up the fourth and final Test against Pakistan before lunch at Lord's yesterday, winning a match tainted by corruption allegations by an innings and 225 runs.

Pakistan's final six wickets fell in a single session on Day 4 for the addition of 106 runs to give England a resounding 3-1 series win in its final Test before the Ashes and hand the tourists their heaviest ever Test defeat.

Pakistan capitulated to a second-innings 147 after following on.

But England's remarkable recovery from 47-5 on the second day has been overshadowed by the allegations hanging over Pakistan bowlers Mohammad Amir and Mohammad Asif.

There is no suggestion that Pakistan's players conspired to lose the match but police have questioned them after British newspaper News of the World alleged in its Sunday edition that they were paid to bowl no-balls during Thursday's opening day. THE ASSOCIATED PRESS

$232,000
The value of the payment for the alleged fixing scheme.

Sports in brief

Stampeders improve record

FOOTBALL. The Calgary Stampeders think they can get better. The B.C. Lions were left wondering if they can get any worse. Quarterback Henry Burris threw two touchdown passes and ran for one himself as the Stampeders demolished the Lions 48-35 Friday night. THE CANADIAN PRESS

Crash at race kills teenager

MOTORCYCLE. A 13-year-old motorcycle racer died yesterday after falling off his bike and getting run over by another motorcycle at Indianapolis Motor Speedway. Peter Lenz of Vancouver, Wash., was pronounced dead after sustaining "traumatic injuries." THE ASSOCIATED PRESS

4

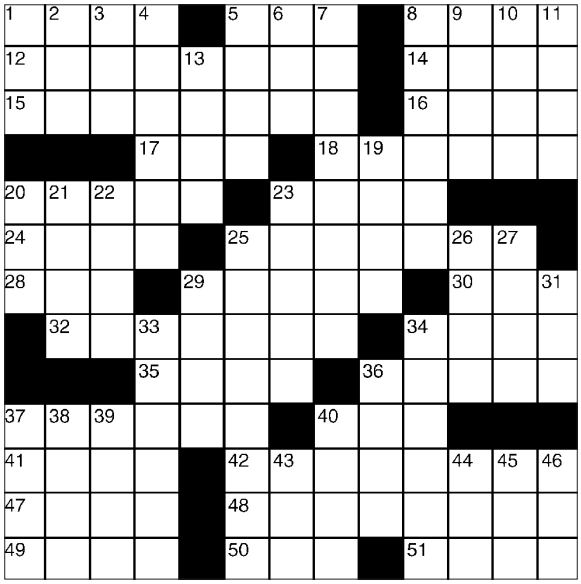
Quoted

"It just got to me. Emotion caught up. I'm a very, very proud man today, and this was probably was the proudest day of my life."
FRANK THOMAS, ON HAVING HIS NUMBER RETIRED BY THE CHICAGO WHITE SOX YESTERDAY.

"You want to talk White Sox, Frank Thomas' name has got to be No. 1 ... I think Frank Thomas did stuff for this organization that people are not going to forget."
OZZIE GUILLEN, THOMAS' FORMER TEAMMATE AND MANAGER

Scan code for more sports

Crossword



Across

1 Smooch
5 Light-switch setting
8 Golf ball holders
12 Handel's "Messiah," e.g.
14 And others (Abbr.)
15 Aardvark
16 Emanation
17 Donkey
18 With almost no effort
20 Grown-up
23 Competent
24 Scottish girl
25 Moviehouse
28 Compass dir.
29 The — and the Papas
30 Disencumber
32 "— love hath no man ..."
34 Typical dog's name
35 Catcher's aid
36 Environmentally friendly
37 Briny
40 — Lanka
41 Arkin orAlda
42 Fast-firing rifle
47 Heard reveille
48 Move to another country
49 Appear
50 Press for payment
51 Hosiery mishap

Down

1 — constrictor
2 Coffee vessel
3 Perched
4 Filches
5 Table scraps
6 "A pox upon thee!"
7 Ancestor
8 Afternoon service?
9 Needle case
10 Viscount's superior
11 Do in
13 Brewer's kiln
19 "Sad to say, ..."
20 Hearty quaff
21 "Phooey!"
22 Addict
23 Record producer Ertegun
25 In shreds
26 See 39-Down
27 Roller coaster, for one
29 Primary
31 Mafia bigwig
33 Marshall Mathers' nom de rap
34 Monks
36 Diver Louganis
37 Cutting tools
38 Lotion additive
39 With 26-Down, War of 1812 battle site
40 Whirl
43 Ostrich's cousin
44 Light brown
45 Greek vowel
46 — U.S. Pat. Off.

▶ Yesterday's answer

M	O	B	■	A	U	R	A	■	H	U	G	E
A	I	R	■	B	R	O	S	■	E	R	O	S
P	L	A	Y	B	A	C	K	■	A	S	A	P
■	■	N	O	E	L	■	■	I	T	A	L	Y
S	A	D	L	Y	■	S	I	N	E	■	■	■
H	U	N	K	■	B	A	C	K	D	O	W	N
A	T	E	■	S	O	L	E	S	■	V	I	E
D	O	W	N	C	O	L	D	■	R	E	N	O
■	■	■	E	A	S	Y	■	H	E	R	O	N
O	D	I	U	M	■	■	P	I	A	F	■	■
R	E	N	T	■	C	O	L	D	P	L	A	Y
S	A	T	E	■	O	B	O	E	■	O	R	E
O	D	O	R	■	B	I	D	S	■	W	E	T

Sudoku

		7				3	6	
1	3						5	
			2		3	4		
		5			7	8		6
			5		6			
8		2	3			1		
		9	6		4			
	2						8	4
	1	6				9		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	7	9	4	8	5	6	3	1
8	1	5	3	6	2	4	9	7
4	3	6	1	9	7	2	5	8
6	8	2	7	5	4	9	1	3
3	5	7	9	1	6	8	2	4
1	9	4	2	3	8	7	6	5
7	4	3	6	2	1	5	8	9
5	2	1	8	7	9	3	4	6
9	6	8	5	4	3	1	7	2

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Brad...
How is it possible that we are celebrating our 30th Anniversary, when we are still only 25? I love you more today that yesterday, but not as much as tomorrow! Happy Anniversary, Babe!
LOVE, BARB XO

Curtis, Je t'aime avec tout mon coeur pour toujours. Kissy kissy Mwah
NIKI

My dearest Jaclyn you complete. I could not imagine my life without you. You are so beautiful! I will love you always.
LOVE MOE

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 2° Max 15°	Min 4° Max 18°	Min 6° Max 17°

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may find it hard to say sorry for what you said or did over the weekend, but make the effort because the last thing you need is for bad feelings to spoil will be an excellent week.

♉ Taurus April 21-May 21 Something will happen today that triggers an excessive reaction on your part. Later on, when you've managed to calm down a bit, you'll wonder why you responded in such a forth-right manner.

♊ Gemini May 22-June 21 Get up and get out and start making things happen. There are so many good things in life that could have your name written on them, but you must go out and look for them.

♋ Cancer June 22-July 22 Your confidence will be sky-high as the new week begins and you will no doubt wonder why you allowed yourself to get so down earlier in the month.

♌ Leo July 23-Aug.23 The current cosmic picture suggests you are worried that if you draw attention to yourself you might end up looking silly. On the contrary, you're a Leo and Leos never look silly.

♍ Virgo Aug. 24- Sept. 22 It may seem as if you can do no wrong at the moment but the planets warn there is someone out there who is looking for an opportunity to bring you down and profit at your expense, so be careful. Success breeds rivals.

♎ Libra Sept. 23-Oct. 23 Act as if you believe in yourself, even if you are far from sure that you know what you are doing.

♏ Scorpio Oct. 24-Nov. 22 Opportunity is knocking and all you have to do is get up and answer the door. It's time to get up and get going.

♐ Sagittarius Nov. 23-Dec. 21 Put your own needs first today and get ready for accusations that you think only of yourself. It isn't true, of course, but every now and again you need to be selfish.

♑ Capricorn Dec. 22-Jan. 20 Honesty is a must as the new week begins, even if some of the things you have to say are hardly likely to make you popular. That's okay. As a Capricorn you don't care what others think about you. You care only for results.

♒ Aquarius Jan. 21-Feb. 18 Things are not as bad as you fear, financially at least, so stop worrying about how you are going to make ends meet and focus your mind on more positive thoughts. Be creative and your cash flow will take care of itself.

♓ Pisces Feb. 19-March 20 If you think lucky and act lucky today chances are you will enjoy an extremely fortunate week. Your best opportunities for success will come through other people, so don't cut yourself off from the world. Be sociable. SALLY BROMPTON

JOANN BIONDI/THE ASSOCIATED PRESS

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- Mr. & Mrs. Jay Shah, Calgary

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- Marion Whiteman, Calgary

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- Ben J., Calgary

Thanks to CDPC, I'm looking forward to getting back to my active lifestyle of sports, and gym. I no longer have to sit home, while my family is out enjoying the weather.

- Cindy Buda, Calgary

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- Edwin Graf, Calgary

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